

The Signature

Signonella, Sicily

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March 12, 2004

TOP STORIES

Surgeon General of the Navy Vice Adm. Michael Cowan and more than 40 staff members from various congressional offices visited hospital ship USNS Comfort (T-AH 20) March 1.
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Several changes have been initiated in the Navy's Voting Assistance Program for 2004 to ensure this election year is the smoothest ever for Sailors.
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American musician, performer, poet, artist and activist Patti Smith, a living rock and roll legend since the 1970s, will perform on March 23 in the evening at the Ciminiere Convention Center in Catania, located at viale Africa n. 208, near the train station.
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Capt. T.L. Davidson blamed rising auto insurance rates in the Signonella area on the large number of traffic accidents involving Sailors here.
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There are many jobs in the Navy, and many of them offer a challenging and rewarding experience for the Sailors working in them.
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U.S. Naval Hospital Signonella recently won a "TRICARE Best of the Web" award for Most Innovative Website.
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NASSIG Fire Department trains with smoke, fire



Ron Hall, Naval Air Station (NAS) Signonella Fire Department battalion chief, and Aviation Boatswain's Mate 1st Class Stephen Mark, NAS Signonella Fire Department assistant training officer, sprays water on a fire coming from a Mobile Aircraft Fire Trainer (MAFT) on the NAS Signonella flightline.

Story and photos by JO3 Steve Weaver
Staff Writer

With the help of a new firefighting trainer, the Naval Air Station Signonella (NASSIG) Fire Department will be better prepared for a fire involving one of the many aircraft that transit the NASSIG flight line on a daily basis.

The department recently obtained a Mobile Aircraft Fire Trainer, or MAFT, to train in techniques of fighting a real aircraft fire. The MAFT is a portable aircraft-shaped trailer coupled with a tractor truck. It uses propane to simulate fires at various points where a real aircraft fire could occur.

As the department used the unit for first time, fire could be seen coming from the wheels, engines, and along the fuselage. Fires can also be directed to interior passenger, cockpit and cargo areas. A smoke machine inside simulates real situations for search and rescue training. Firefighters can even get a jolt from a simulated tire blowout.

Via electrical line and propane hoses, the tractor truck has control of where the fires will occur, which can be in up to 14 different locations at once. The truck also has a video screen so the operator can monitor the interior of the aircraft.

"It provides realistic firefighting training via pro-

pane fires," said John Cupell, NASSIG Fire Department assistant chief of training. "We can configure the airplane to be anything from a cargo airplane to a passenger airplane to a fighter jet. I can simulate it to actually be a building so we can do structural type firefighting. It's an aircraft, but it's versatile enough that I can configure it for just about anything I want to do with it."

Even with temperatures that can go as high as 1,400 degrees, the system is safe. "There are emergency stops (e-stop) at every door," Rick Robertson, plant manager with the company that constructs the MAFTs. "So if a student gets in trouble, he hits an e-stop and all fires extinguish in under three seconds. If the skin temperature of the metal gets too hot, our system shuts it down."

"There's many different ways to shut it down in case of an emergency," said Cupell. "If we need to shut it



Contractors and members of the Fire Department look on as the MAFT is put through a series of tests on March 3.

down it down in a hurry, we can have all fires out within a matter of two seconds."

Liquid and vapor propane was used as a fuel source MAFT, page 10

MWR's Winter into Spring Fun Fair this weekend

By JO1(SW) Brian Johnson
Staff Writer

For years Signonella has had a festival for St. Patrick's Day, but this year due to space constraints on NAS I, MWR has decided to try something new, the Winter into Spring Fun Fair.

Saturday the fair kicks off at 12:30 p.m. at the NAS I gym. "This fair is more family oriented, but every one is welcomed to enjoy the fun," explained Lana Morano, MWR activities director.

The feature event of the fair will be a traditional Sicilian puppet show. "We worked very hard to get the Sicilian puppet show to come for the fair and we hope a lot of people will come to see it," Morano said. "The show is in Acireale usually and we are hoping that many people will come to the show at the gym because it's free and easier to get to."

The fair will also have free food including ice cream snowmen while supplies last. "I'm looking forward to all the craft tables, but building ice cream snowmen is going to be fun," Morano said.

Other activities available to Signonellans during the Winter into Spring fun fair include free bowling from 2 to 10 p.m., face painting, juggling acts, balloon artists and a gelatin-eating contest.

And if all that isn't enough family fun you can catch a free showing of "Miracle," the story of the 1980 U.S. Hockey team that beat the odds and won gold at the Olympics.

March 20, MWR will have a St. Patrick's Day rock party at Jox sports bar featuring three live

Fun Fair, page 8





Direct Line

Capt. T.L. Davison
NASIG
Commanding Officer

We are fortunate to have a new, larger, state-of-the-art Navy Exchange/DeCA complex on NAS I, which has significantly improved the quality of life for our Sailors and their families stationed here at NAS Sigonella.

In recent days and weeks there has been a growing trend with active duty and GS civilians sponsoring guests into the exchange and/or commissary attempting to purchase on their behalf. This is in violation of NASSIG Instruction 5527.1, which stipulates that your exchange/commissary privileges may be suspended for abusing this or any other policy regarding patronage at these facilities.

Specifically, the NEX/DeCA guest policy reads "You, the authorized customer, may bring guests into your Navy Exchange or Commissary Store. If you do, YOU ARE RESPONSIBLE for their behavior and they must remain with you at all times. Guests are NOT permitted to purchase, and you are NOT permitted to purchase for them. If you violate this policy and purchase for your guest, you may lose your Navy Exchange and DeCA Commissary shopping privileges."

A number of active duty and GS civilian sponsors have been asked to leave the NEX recently for violating the aforementioned policy. In some cases, unauthorized shoppers have attempted to purchase merchandise while their sponsor stands idly by, while in other cases, the sponsor actually attempts to make the purchase on their behalf.

What used to be isolated incidents have grown into an issue that jeopardizes seriously the guest policy for all Sigonellans.

You have probably seen a lot of Spanish, English, Greek and other foreign country officers and enlisted shopping in the Commissary and NEX. The rules that govern the use of U.S. Navy's Commissary and Navy Exchange lies in the North Atlantic Treaty Organization Status of Forces Agreement (NATO SOFA) and the Bilateral Infrastructure Agreement (BIA) which allows members of sending state to import and sell goods duty free to and for its members. Basically, that means the U.S. sends us to Sigonella and under these agreements, we are authorized to purchase items at the NEX and Commissary without paying Italian taxes on them.

Under this agreement and according to the U.S. Embassy in Rome, only those Italian military personnel assigned to International Military HQ, NATO Staff, school or other NATO entities and their dependents may benefit from the duty free shopping granted to the U.S. Navy. The sale of goods from the Commissary and NEX to Italian military would be in violation of Italian fiscal law (i.e. and as such would be considered black market items).

You may wonder why the NEX and DeCA Commissary cashiers at the registers keep asking for your ID? Well, NEX, DeCA Management and I take the ID Policy very seriously. Cashiers are verifying ID Cards to the point that regular customers, whom everyone knows, get very upset because they are asked to show their ID card. This is a regulation that we all must adhere to, and they are just doing our job. Please give 'em a break.

Everyone here at the base, whether you are an active-duty sponsor, GS employee, or DoDDS employees...whoever works here, MUST be responsible and obey the rules and policies that govern our conduct on base.

So, please think before you act.

HEALTHWATCH

What is a Root Canal Treatment?

Courtesy NASSIG Dentsi Department

Did you ever wonder what exactly is a "root canal?" Often, just the words make people uncomfortable or concerned.

A root canal is endodontic treatment of a tooth. "Endo" is the Greek word for "inside" and "odont" is Greek for tooth. Endodontic treatment treats the inside of the tooth. To understand Endodontic treatment, it helps to understand something about the anatomy of a tooth. Inside the tooth, under the white enamel and a hard layer called the dentin, is a soft tissue called the pulp. The pulp contains blood vessels, nerves, and connective tissue and creates the surrounding hard tissues of the tooth during development. The

pulp extends from the crown of the tooth to the tip of the roots where it connects to the tissues surrounding the root. The pulp is important during a tooth's growth and development. However, once a tooth is fully mature it can continue to serve you without the pulp.

Endodontic treatment is necessary when the pulp becomes infected or inflamed. This can happen from decay, repeated dental procedures, a crack in the tooth, or a traumatic injury. If pulp inflammation or infection is left untreated, it can cause pain or lead to an abscess. Signs of pulp damage include pain, prolonged sensitivity to heat or cold, discoloration of the tooth, and swelling and tenderness in the nearby gums. Sometimes there are no symptoms.

Endodontic treatment can save the tooth! The dentist can remove the inflamed or infected pulp, carefully clean and shape the inside of the tooth, then fill and seal the space. Afterwards, a crown or filling should be placed on the tooth to protect it and restore it to full function.

Does it hurt? Most endodontic procedures are performed to relieve the pain of toothaches caused by pulp inflammation or infection. With modern techniques and anesthetics, most patients report that they are comfortable during the procedure. Instead of causing pain the endodontic treatment actually relieves pain.

What are the alternatives to endodontic treatment? When the pulp of a painful tooth is damaged, the only alternative to endodontic treatment is extraction of the tooth. Extracted teeth may require replacement. No matter how effective modern tooth replacements are – and they can be very effective – nothing is as good as a natural tooth.



CRIMESTOPPER'S HOTLINE

624-6389

March 1 — March 7

The following incidents were reported and categorized as follows:

Traffic accidents without injuries - 21
Traffic accident with injuries - 3
Car break-ins - 1
DUI - 0
DUI's 2004 - 2
DUI's 2003 - 58

Commanding Officer Capt. Timothy L. Davison	Deputy Public Affairs Officer Alberto Lunetta	Staff PH3(SW) Betsy Currence
Public Affairs Officer Lt. Steve Curry	Asst. Public Affairs Officer JO1 Craig Coleman	JO3 Steve Weaver
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NOTE FROM THE PAO...

Over night and long-term parking is now available in the parking lot near the Auto Hobby Shop/Autoport. This is for travelers who want to leave their car on base for a long period of time. There is NO long-term parking in the SJA/PAO parking lot or near the Bee-Bar by the Air Terminal. If your car is parked there longer than 96 hours, it will be towed (per NASSINSTR 5114.1D) as an abandoned vehicle. Also the Galley lot will be closed for paving. Please do not use this area for long-term parking.

Celebrating Nutrition

Camella Rising, MS, RD, CLC

Did you know that March is National Nutrition Month? National Nutrition Month was initiated in March 1973 and is sponsored by the American Dietetic Association. Throughout this month, dietetics professionals aim to educate, inform and bring awareness to all Americans about the connection between food and health. Registered dietitians are the source for valuable, reliable and scientifically based food and nutrition information.

Today, more than ever, the world has its eye on specific foods and their potential links to health benefits. Focusing on these "functional foods" can help ward off common diseases such as heart disease, cer-

tain cancers and osteoporosis. When you shop, reach for some of the following foods for health:

• **Black and green tea** – may help reduce heart disease risk and prevent and control cancer

• **Cultured dairy products** (yogurt, e.g.) – may promote a healthy digestive tract and reduce "bad" cholesterol and cancer risk

• **Fish and nuts high in omega-3 fatty acids** (salmon and walnuts, e.g.) – promote heart health

• **Fruits and vegetables** – help decrease blood pressure and risk for cancer and heart disease

• **Garlic** – may help control blood pressure and reduce risk of cancer and heart disease

• **Low-fat milk or calcium-fortified juice** – help prevent os-

teoporosis

• **Oatmeal, oat bran and whole oat products** – help reduce "bad" cholesterol

• **Soy products** – may decrease heart disease risk and reduce menopausal symptoms

• **Tomato products** – may reduce risk of certain cancers

• **Whole grain breads and high fiber cereals** – reduce risk of heart disease and certain cancers

Go to the American Dietetic Association Web site, www.eatright.org, for more information.

Thanks to the American Dietetic Association and Tara Landry, RD at dailycomet.com for ideas written here.

Are your valuable safe?

heat and gases from fire can really cause.

Even though you may have a smoke detector, fire extinguisher and are extremely self-conscious of fire safety, you may want to consider purchasing a fire-rated storage box to keep your valuables or important papers or items such as your will, birth certificate, wedding certificate, rare baseball cards, photographs, passport, insurance policies, or other similar items of extreme value or importance to you. Many companies offer and advertise storage boxes as being "fireproof" as

they may withstand temperatures as high as 1,500 degrees, for up to 1.5 hours. Fire rated storage boxes are available for purchase on the Internet, local economy stationary stores, or through the NEX.

When fire occurs in the home, the smoke, heat, and hot gases rise to the ceiling level then descend to lower levels igniting combustibles such as curtains, furniture, clothing, etc. You should keep your fire rated storage box at lower levels within the room, such as under the bed or in the bottom dresser drawer. When not at home, keep doors closed, which will help isolate the damage smoke, heat and gases generated by a possible fire from as Fire from page 17

A House For All



By Chaplain Thom Dansak Command Chaplain

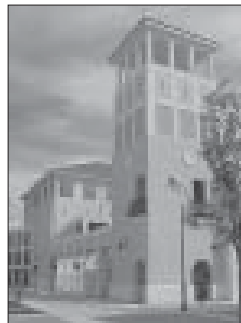
This Sunday, about 500 people will gather at different times to worship their God and pray for themselves and others. They will gather in the new Sigonella Chapel located near the main gate of NAS I.

Some people think that churches are supposed to be "perfect"...not so. Truly religious people are people with strengths, weaknesses and sinfulness like any human being. Some people joke with chaplains that they don't attend worship services because the building would fall down if they ever walked through the doors of a church. This implies they are not perfect and therefore don't belong. Again, not true. They do belong.

The fact is that chapels and churches should be for everyone. In many traditions, churches and chapels are described as "Houses of God." The God I know and love has room in his house for all. While churches and preachers have many differences, God somehow makes room for all saints and the sinners. God is filled with love and smiles at some of our antics. His arms are always open to embrace. He wants us to be the best we can be. He wants to help us get there.

This Sunday, you may or may not be with us. That's O.K. But sometime soon, I hope you will all make your way over to the Chapel (it is open during the day Sunday through Friday) to sit and have a heart to heart with God. You may think he doesn't know you. He does. You may think He doesn't love you. He does. You may think the building will fall. It won't.

The hope and prayer of all the NASSIG Chaplains is that what we do at the Chapel would be a source of strength and hope for all who live and work at Sigonella. Even if you are not with us, know that we pray for you, your families and friends. We pray that God will help you live a great life and that God would hold you and your loved ones very close.



The New NAS I Chapel

NAS Sigonella Worship Opportunities

Catholic Mass

Saturday 5 p.m. Chapel (NAS II)
Sunday 9 a.m. Chapel (NAS I)
Sunday 9 a.m. in Italian 41*
Stormo Chapel (NAS II)
Sunday 11 a.m. Community Center (Mineo)

Protestant Traditional Service

Sunday 9 a.m. Chapel (NAS II)

Protestant Worship

Sunday 9 a.m. Community Center (Mineo)
Sunday 10:45 a.m. Chapel (NAS I)

United Pentecostal Church, International
Sunday Noon Chapel, (NAS II)

Church of Jesus Christ of Latter Day Saints
Sunday 1 p.m. Chapel (NAS I)

Church of Christ
Sunday 3:30 p.m. Chapel (NAS I)

Jewish Shabbat Service
Last Friday of the month 5 p.m. Chapel (NAS I)

Weekdays
Daily Catholic Mass 11:30 a.m. (NAS I & II Chapels)
Wednesday Protestant Bible Study
4:45 p.m. (NAS II Chapel)
For more details, call 624-4295 or 624-9049.

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NAVY NEWS

Navy surgeon general, congress visit hospital ship

By JO1 (SW/AW) AnTuan Guerry,
National Naval Medical
Center Public Affairs

BALTIMORE (NNS) — Surgeon General of the Navy Vice Adm. Michael Cowan and more than 40 staff members from various congressional offices visited hospital ship USNS Comfort (T-AH 20) March 1.

Congressman Benjamin Cardin of Maryland's Third Congressional District also paid a surprise visit to the ship and its crew.

Comfort's primary mission is to provide an afloat, mobile, acute-surgical medical facility for the U.S. military to support expeditionary warfare. The visit allowed the staffers to view firsthand the duties, responsibilities and capabilities of the 1,000-bed hospital ship.

"This visit is important because it lets lawmakers and staff see what [Comfort] can do and what [Comfort] has done during this global war on terrorism," said Comfort Executive Officer Cmdr. Jim Pellack. "There's no better way for them to understand than to let them see it for themselves."

The visit started with lunch in the wardroom and included stops on the bridge, flight deck, blood bank and one of the ship's 11 operating rooms. The Medical Treatment Facility aboard Comfort is one of the largest trauma units in the United States, and offers a full spectrum of surgical and medical services.

The staffers continued their tour with a visit to Comfort's radiology department, headed by Capt. Jeffrey Georgia. According to Georgia, the ship showed its full potential during Operation Iraqi Freedom (OIF), as radiology scanned more than 13,000 X-rays of patient enemy prisoners of war.



Friends and family members of sailors stationed aboard the hospital ship USNS Comfort (T-AH 20) await the ships return from deployment in support of Operation Iraqi Freedom.

Allison Percy, principal analyst, National Security Division of the Congressional Budget Office, said she was truly enlightened during her tour of the 894-foot floating hospital.

"I learned quite a bit about the operations of Comfort, especially during OIF. Health-wise, it gave me a greater understanding of what the ship does during wartime and for the military in general," Percy stated. "The hands-on knowledge was better than just reading about it."

More than anything, hospital ships are about people taking care of people, a fact the Surgeon General backs up.

"Aircraft carriers and other types of ships can make a political statement all on their own," Cowan explained. "But when we send out a hospital ship, we are delivering an entirely different message...we are sending out a message of humanity and care."

Kennedy Strike Group conducts COMPTUEX

From Commander, U.S. 2nd Fleet Public Affairs



NORFOLK, Va. (NNS) — Ships and aircraft of the USS John F. Kennedy (CV 67) Carrier Strike Group (CSG) are in the midst of their Composite Training Unit Exercise (COMPTUEX).

The exercise, which began Feb. 21, is scheduled to run through mid-March, and will use the Virginia Capes and Jacksonville, Fla., operating areas and training ranges along the East Coast and Gulf Coast of Florida. Additionally, the exercise will involve complex strike group training events, naval surface fire support training and air-to-ground events.

COMPTUEX is an intermediate-level exercise designed to forge the strike group into a cohesive fighting team and is a critical step in pre-deployment training.

"This training exercise will test the response level of almost every facet in this strike group," said Capt. Michael Collins, Commander, Carrier Group 4 operations officer. "It will test everyone on deck."

The Carrier Strike Group is making use of the following ranges for air-to-ground events during the exercise: Townsend, Ga.; Pinecastle, Fla.; Avon Park, Fla.; Eglin Air Force Base, Fla.; Piney Island, N.C.; and Dare County, N.C.

John F. Kennedy is the Navy's third carrier strike group to exercise using these ranges as part of the comprehensive Training Resource Strategy (TRS). Under this plan, ships and aircraft will use existing East Coast and Gulf Coast range training facilities and improved simulation technology now available to the fleet.

In implementing the TRS, Atlantic-based carrier strike groups train among existing training ranges and facilities throughout the region. Throughout COMPTUEX, the John F. Kennedy strike group will demonstrate that the Navy is enhancing its training flexibility and effectiveness through geographical and technological diversification.

"We create events that force the strike group to integrate and react as a unit," said Chief Fire Controlman (SW) Joel Krauss, Carrier Group 4's TLAN strike officer. "This is their first chance to operate as a single unit and react to real-world situations."

Commanded by Rear Adm. Donald K. Bullard, Commander, Carrier Group 6, the JFK CSG is comprised of the Mayport, Fla.-based ships John F. Kennedy, commanded by Capt. Ronald H. Henderson; the guided-missile cruiser USS Vicksburg (CG 69); the guided-missile destroyer USS Roosevelt (DDG 80); the destroyer USS Spruance (DD 963); the fast combat support ship USS Seattle (AOE 3), homeported in Earle, N.J.; the attack submarine USS Toledo (SSN 769), homeported in Groton, Conn., and Carrier Air Wing 17, commanded by Capt. Mark D. Guadagnini, embarked aboard USS John F. Kennedy.

The Energy Block

Wind Energy is an environmentally safe form of renewable energy source. Not only is it much more efficient than it was 20 years ago, but the electricity generated can be used directly, fed back into the power grid or stored for future use. It seems like a win-win kind of thing. The vast majority of wind turbines produced now are horizontal axis turbines with three blades, 15-30 m in diameter, producing 50-350 kW of electricity. From what I have read so far these machines will generate electricity at around seven to nine cents a kW. Considering the euro conversion rate, and that these machines do not produce any greenhouse gases, acid gases, no exposure to radioactive waste, and assists in the reduction of global warming, may even be less expensive than other conventional fuels. Today's state of the art turbines are 97 percent reliable. And with the massive farm space here, would seem like a perfect location to have a test site, say at the wells where large electrically fed pumps are located. Just food for thought.

On a different note, I am sure everyone got last week's question.

Who is considered the father of Electricity and why? His name was William Gilbert and in 1600 he described the electrification process.

To return to today's topic: Can someone please tell me approximately how long humans have harnessed the energy of the wind and where windmills were first built? Please call with your answer or any suggestions at PWD ENERGY x2064. Hope to hear from you

Let's use, not abuse

Sexual Assault Victim Intervention

SAVI offers a Sexual Assault Hotline staffed with trained Advocates who man the SAVI Hotlines 24/7. The number is 335-642-8312 or 335-606-6146.

Navy makes improvements in voting assistance program

By JO2 Jeffrey Nichols
Navy Personnel Command Communications

MILLINGTON, Tenn. (NNS) — Several changes have been initiated in the Navy's Voting Assistance Program for 2004 to ensure this election year is the smoothest ever for Sailors.

"Our goal is to have 100 percent Navywide contact in the voting process by August 2004," said Rear Adm. Marc Purcell, Assistant Commander, Navy Personnel Command, Fleet Support and Senior Voting action officer. "The right to vote is a cherished freedom, as we are reminded daily by the struggles toward democracy in Afghanistan and Iraq. I encourage commanding officers and VAOs [voting assistance officers] to empower their Sailors and families to get out and vote."

In the 2000 election, many military votes did not get counted, as problems existed with absentee ballots, primarily from afloat units not getting postmarked in a timely manner. The Navy is addressing that problem by installing postmark cancellation machines on all ships in the fleet.

Navy VAOs are also getting better access to the tools they need. This year, VAOs can access online the Navy Personnel Command's VAO data base, receive the latest voting news and tools, and allow them to communicate directly with the Chief of Naval Personnel's Voting Action Officer, Lt. Cmdr. Mark Lofton.

Lofton will begin visiting major regional facilities in March to provide on-site assistance in announcing and establishing effective voting assistance programs.

"We want to ensure every Sailor's vote is counted and that we reach out to each person in the Navy and say, 'If you want to vote, this is the person (command VAO) you need to see, here are your options, and make sure you vote prior to the election,'" Lofton said.

With the large number of Reservists currently serving on active duty, Lofton says the Navy is actively reaching out to them, as well.

"When Reservists are called to active duty, they are absorbed into a unit that is already established. That unit has a VAO that will tell them how they can go about voting using the absentee ballots."

Below is a listing of fleet concentration areas and dates where VAOs will get updates on the Navy's voting initiatives:

March 1-4: San Diego, Calif.
April 19-23: Bremerton, Wash.
May 4-5: Jacksonville, Fla.
May 18-20: Naples, Italy
June 14-18: Yokosuka, Japan
July 6-9: Norfolk, Va.
July 27-30: Pearl Harbor, Hawaii

NCTS Sicily Wins Navy CITE Awards

CWO3 Alex Pena
NCTS Sicily

NCTS Sicily won the Communications Information Technology Excellence (CITE) award in all three competitive categories for 2003. Commander, Naval Network and Space Operations Command recognized NCTS Sicily for the high degree of professionalism and expertise of the Sailors and civilians in meeting their 24-hour, seven day-a-week mission of command, control, computers, communications and intelligence.

Capt. Janice M. Hamby, commanding officer, Naval Computer and Telecommunications Area Master Station Europe Central, remarked to COMSTA personnel, "You are the proud recipients of three CITE awards for 2003. This is quite an accomplishment, but I'm not surprised, because of your teamwork across all departments, your individual professionalism and commitment to mission accomplishment. Well done."

The three competitive categories include the Green "C" for Communications, the Gold "IT" for Information Technology and the Red "E" for Electronic Maintenance. NCTS Sicily has received CITE award recognition in each of the three years since the inception of this award.

Fire from page 2

cending or transferring from one room to another, which will help minimize the damage.

Signellans are encouraged to sleep with your bedroom doors closed, check your smoke detector monthly, ensure the back-up battery is replaced semi-annually and to purchase and mount an A-B-C rated portable extinguisher. Station housing residents should consider fire insurance to help defray the financial loss or liability costs one might suffer as a result from fire.

News Briefs

HC 4 Would like to Congratulate

HC 4 would like to congratulate its most recent recipients of the coveted EAWS (Enlisted Aviation Warfare Specialist) wings. By going above and beyond their regular workloads, these following Sailors have distinguished themselves as motivated and driven workers and have earned the right to wear the EAWS wings:

AE2 Rand
AM2 Mason
AT2 Hochstatter
AM1 Fincher
AT2 Vega
AD1 Kirby
AD2 Miller
AE2 Peregrino
AD2 McCray
AD1 Taylor
AM2 Iztol

Signonella Idol

Signonella Idol 2 is still searching for a few more talented performers! Please contact Karen Iverson @905-307-067 or 347-959-9429 for a private audition. Proceeds from this event go towards the Stephen Decatur High School Scholarship as well as a generous grant for a spouse seeking higher education.

Navy-Marine Corps Relief Society

News and events
• Nearly New Shop:
"March Madness Sale: Buy One Get One Free" of equal or lesser value

Uniforms:
• There is a Uniform change coming up...
• Budget smart while getting ready for a sea bag inspection...

Cost per uniform item is \$1.00 a piece; coats cost \$5.00

• Office needs receptionists:

"We would like to see active duty volunteering in the office."

"Afternoon shift — Give just two hours per week

• New volunteer orientation:

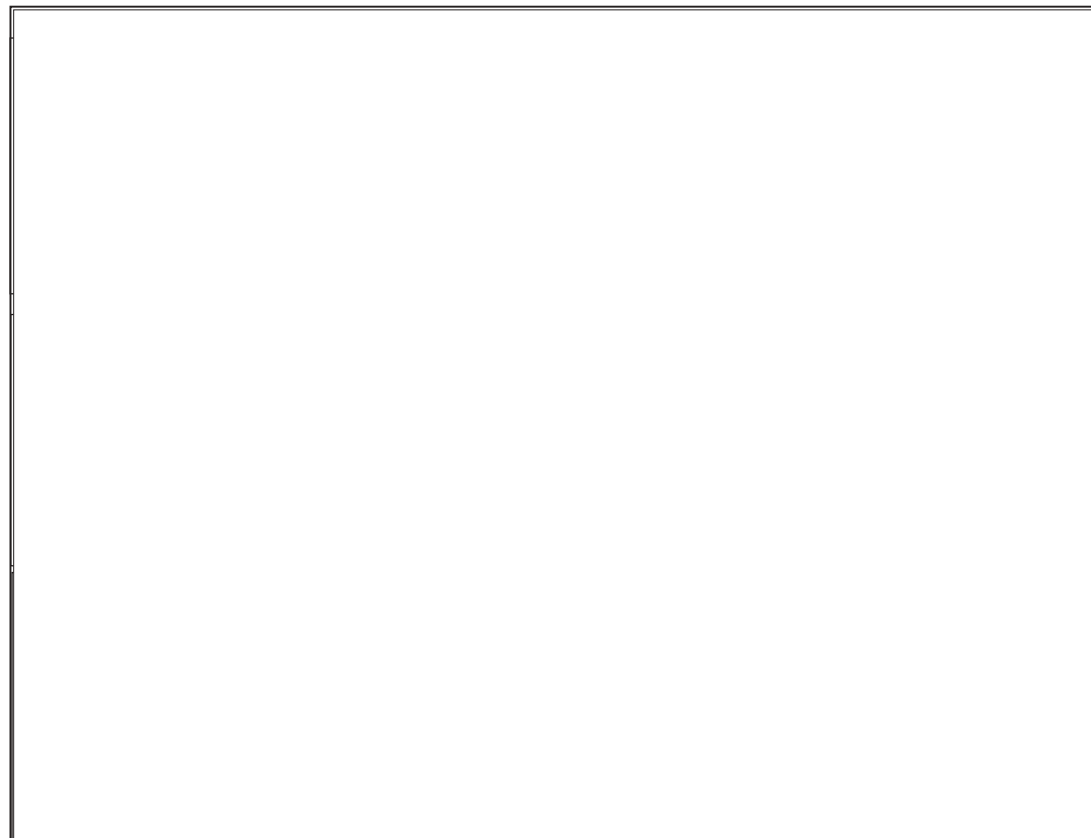
March 17 and 31 from 10 to 11 a.m. at the NMCRS office in building 319 on the 2nd floor. To reserve a space call Nohealani Pakola (COV) at 624-4212

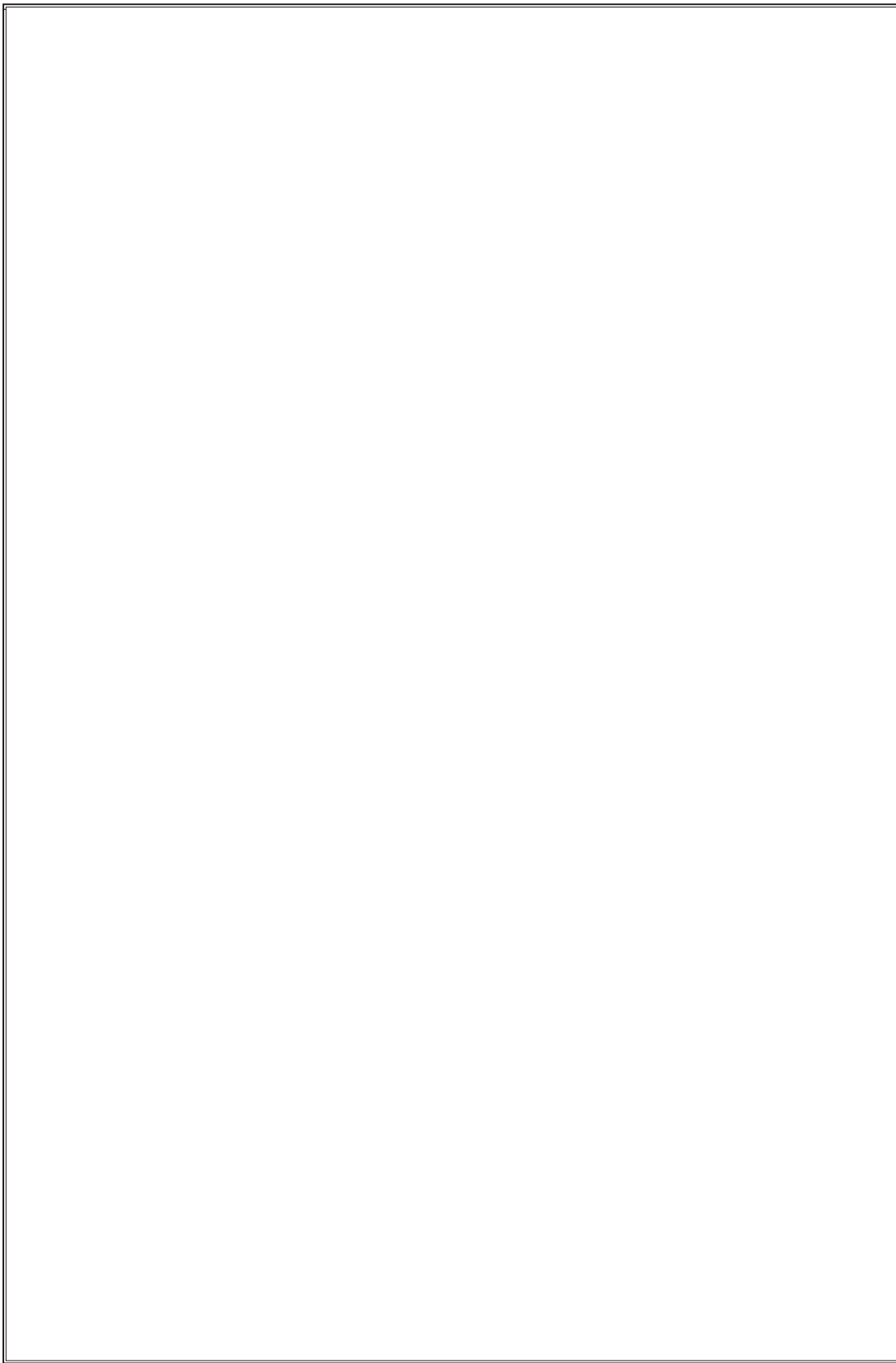
• After Hours Emergency Service Casework Training. This training is for E-6 and above CDOs are Welcome to attend!

CPR Training

The American Red Cross is offering CPR certification from 8 a.m. to 5 p.m. Saturday March 13 at the Red Cross building on NAS II. The course will teach you how to recognize and provide basic care for breathing and cardiac emergencies in adults, infants and children. Call soon to register minimum of four students and maximum of 10 per course.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>COMMUNITY CALENDAR</div>					12 March	13
					Crater Pub Karaoke Happy Hour from 4 to 9 p.m. Karaoke from 5 p.m. to midnight.	Winter Into Spring Fun Fair NAS I Gym, 12 - 6 p.m. Call 624-5271 for more information.
14 Siracusa I and Seafood Restaurant ITT Call 624-4396	15 School gets out at 11 a.m. Free Youth CPR Course. 11-4:30 p.m. SDS Cafeteria.	16 No School Scrapbooking Class Teen Center Free for all teens 3:15 to 5 p.m.	17 St. Patrick's Day Special Theater Giveaways, free popcorn	18 Catania Shopping ITT Call 624-4396	19	20 St. Patty's Day Block Party 8 p.m. in front of Jox Sports Bar. Call 624-5603
21 Scilla & Reggio Calabria ITT Call 624-4396	22 Youth Baseball Practice begins. NAS I 624-2710	23 Horse Trekking - Southern Mt. Etna AU Call 624-4271	24 Munchie Days NAS I Teen Center.	25 Photo Safari Meeting Prepare for upcoming excursion. Call 624-3718	26 Cooking Class NAS I Teen Center 3:30 - 5 p.m.	27 Vendicari Natur Reserve Photo Safari Call 624-3718
28 Taormina & Alcantara Gorge ITT Call 624-4396	29 Free Tennis Clinic Through April 2. 5 - 6:30 p.m. NAS II Tennis Courts Call 624-2710	30 Scrapbooking Class NAS I Teen Center 3:15 - 5 p.m. Free for teens.	31 Pool Tournament Mineo Teens 4 - 6:30 p.m. Sign up at Rec. Center.	1 April	2 Country & Southern Rock Night Jox Sports Bar. 8 p.m. to close.	3 Latino Night Crater Pub. 8 p.m. Free nachos and salsa
						3 Sigonella Discounts at Capo D'Orlando ITT Call 624-4396
Sat., March 13		Sun., March 14		Mon., March 15	Wed., March 16	
Fri., March 12					Thurs., March 17	
Travel with ITT to south-west Sicily to the beautiful Donna Fugata Castle located in the Province of Ragusa. This area is famous for its good wine and cheese. Relax afterward with a tasting and lunch. Call 624-4396 for more information.		Eight-ball tournament at 6 p.m. at the Crater Pub. Play free pool, watch your favorite show or sports on our TVs or just kick back and relax. Visit Siracusa with ITT. See the Ear of Dionysius, Cordari Cave, the Greek-Roman Amphitheater and the Cathedral. Call 624-4396 for more information.		It's BINGO time at The Crater Pub. BINGO cards go on sale at 5:30 p.m., games start at 6:30 p.m. Big cash prizes awarded.	Play the Dollar game and win big at The Crater Pub. Starts at 8 p.m. It's Karaoke and All Request Night at Jox Sports Bar. Drink specials from 5 to 7 p.m.	
Spend the day with ITT learning the fascinating history of the "elephant town," Catania. Call 624-4396 for more information.					It's Karaoke Night at The Crater Pub starting at 7 p.m. Take center stage with "TJ the Karaoke Queen." Choose from over 6,000 songs. Watch out for Shotgun Karaoke.	







By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Patti Smith concert in Catania

American musician, performer, poet, artist and activist Patti Smith, a living rock and roll legend since the 1970s, will perform on the evening of March 23 at the *Ciminiere* Convention Center in Catania, located at viale Africa n. 208, near the train station.

Smith was born in Chicago, raised in Woodbury, New Jersey, lived in Detroit for almost 20 years and then moved to New York in the late 1960s. Music critics have described Smith as a "a poet whose energy and vision found its voice in the most powerful medium of the culture: rock and roll."

Her recordings include *Horses*, *Radio Ethiopia*, *Easter, Wave, Dream of Life*, *Gone Again*, *Peace and Noise*, *Gung Ho* and *Land*.

Guitarists Lenny Kaye and Oliver Ray will accompany Smith on stage.

For more information, detailed schedule and tickets click the following Web sites: www.ticketonline.it or www.primafila.info or call 095-7225340 and 095-7151488.

Ramacca celebrates Artichoke Festival

If you're an artichoke lover, make sure you attend the amazing festival that is annually celebrated in Ramacca, a town nestled among the hills of the Plain of Catania. This year, the *Sagra*



World-renowned singer, songwriter and poet Patti Smith will hit the stage in Catania on March 23 the *Ciminiere* Convention Center.

del Carciofo (Artichoke Festival) runs from March 26 through 28. This three-day fun event is aimed at promoting the local artichoke by highlighting its nutritional and therapeutic proper-

ties.

Ramacca's economy depends on agriculture and the artichoke is one of the most important sources of employment. Two main varieties: *Violetto Ramacchese* and the larger sized *Teramo* are widely cultivated in the area. This city is also known for its wheat fields, olive groves, citrus orchards and vineyards. Yet, Ramacca has also been named the "Bread Capital" because bakeries in town still bake *pane* (bread) the old way using stone ovens fueled by wood.

Origin of artichoke

The word artichoke comes from the Arabic *Al' qarshuf*. The artichoke is a thistle like plant that originated in the Mediterranean region about 2000 years ago. Ancient Greeks and Romans considered artichokes a delicacy. The famous Roman writer Pliny tells in one of his writings that the artichoke was expensive and therefore unaffordable to the lower classes. During the Middle Ages, Saracens cultivated artichokes in Sicily, South of Spain and North Africa.

In the 16th century, when the noble woman Catherine de Medici left Florence to marry King Henry II of France, she took her own cooks

and artichokes to the French court. In 1806, French immigrants brought artichokes to the United States when they settled in Louisiana.

In regards to health benefits, scientists

proved that artichokes lower blood cholesterol, aids in bile secretion, acts as a diuretic, and liver tonic. It protects the liver against toxins and infections, and it stimulates regeneration of liver cells.

Festival Schedule

On March 26, the festival kicks off in the evening with food stands that are set up along via *Risorgimento*. A music show is performed later on the same night at 9 p.m. All concerts are being held in piazza *Sottotenente di Fazio* that is located near the Carabinieri station.

On the following festival's days, food stands are open all day long.

Food stalls sell delicious artichoke-based dishes like pasta and rice. Artichokes will also be grilled, stuffed with *Pecorino* cheese or mixed in omelets. Cakes and ice cream made with *Violetto Ramacchese* artichoke are also prepared. The *Teramo*, the other variety present in the Ramacca area is typically prepared only as salad. Festival-visitors have the chance to buy other local products like cheeses, citrus, and ceramics as well.

What to see

Ramacca features several archeological sites that date back to the Paleolithic era. They were first excavated in the 1950s when archeologists found an extraordinary large number of flint tools, animal bones and human burials. The main site, which is called *La Montagna* (the mountain), is located at the top of Mount Ramacca (559 meters) and houses a necropolis of caves and the remains of an ancient Greek town (8th Century BC) named *Erjke*. Some of the fragments of pottery and ceramics found in this site are currently on display at the local Archeological Museum.

For more information and detailed schedule call the Catania Province Tourist Office at 095-7306222.

Word Find

Greek and Roman Mythology

B S I Z C E O S J D V O X J S M S T W K O Z N S E
B E W L G S H O N O N O R A A R H I W M Z O E E L
A M L V Q P X Q I S M P T N S A O W L Y W L S R E
Z R N L M S A T U R N L E Z L E H T L E U E P A C
C E A Y O B H L V W A S R I R Q L K C N C H F T
X M N M O N O N O L A M G Y P L R E M I E R
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L N P D X F P Q T D Q F Y N C K O S L I K S J X A
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X S F J Y I G Z G E W E Y V A Q N B G S Y E T S
H H L T D Z Q O V U O T V Q L C T I M X T F N F

ACHILLES	DAPHNE	JUPITER	ROMULUS
ADONIS	DIONE	LETO	SATURN
AEOLUS	ECHO	MAIA	SILENI
AJAX	ELECTRA	MANES	SPHINX
ALTAS	GAEA	ERMES	THALIA
ARES	HARPIES	NYMPHS	TITANS
BELLONA	HECTOR	OEDIPUS	URANUS
BOREAS	HELEN	ORION	VULCAN
CALYPSO	HERCULES	PERSIUS	ZEUS
CASSANDRA	HERO	PROTEUS	
CENTAURS	JASON	PYGMALION	

TRIVIA

- 1) Where is Mt. Kilimanjaro found?
 - 2) What is the next letter in this sequence: A, T, T, F, S, S, E, N, T, J, Q, ...?
 - 3) Which of the following was not one of the 12 tasks of Hercules: Killing the Lernaean Hydra, Descending to Hades to rescue megar, Cleansing the Augean Stables or fetching apples?
 - 4) The majority of the book "It" by Stephen King is set in which Maine town: Haven, Bangor, Derry or Castle Rock?
 - 5) Buildings like New York's Chrysler building employed which style, popular in the 1920s Art Deco, Arte Povera, Art Nouveau or ArtFluxus?
- (Answers on page 11)

Movie Connection

JOHN'S Theater Schedule

Friday, March 12



6 p.m.
Torque (PG-13)**



8:30 p.m.
House of Sand and Fog (R)**

Saturday, March 13



1 p.m.
Peter Pan (PG)



3:30 p.m.
Chasing Liberty (PG-13)



6 p.m.
Miracle (PG-13)

Sunday, March 14



1 p.m.
Cheaper by the Dozen (PG)



3:30 p.m.
Teacher's Pet (PG)



6 p.m.
House of Sand and Fog (R)

Monday, March 15



6 p.m.
Lord of the Rings: The Return of the King (PG-13)*
15-minute intermission at approximately 7:30 p.m.

Theater Closed Tuesdays

Wednesday, March 17



6 p.m.
Peter Pan (PG)*



8:30 p.m.
House of Sand and Fog (R)

Thursday, March 18



6 p.m.
Shattered Glass (PG-13)*



8 p.m.
Torque (PG-13)

Friday, March 19



6 p.m.
Big Fish (PG-13)**



8:30 p.m.
The Butterfly Effect (R)

** Future Re-release **Sneak Preview *Last Showing
(All times and movies are subject to change. For more information on the schedule, call the movie hotline at x4248)

SCHOOL NEWS

SDS students participating in Science Symposium

By Senior Mike Maury

Senior Adriana Zyskowski and Juniors Rita Anderson and Dustin Covell have been accepted to participate in this year's Science Symposium. The program is for young researchers grades seven through 12, who are given the chance to pursue their scientific interests and present their results to peers and community. The students will present their research in a convention with other students in Heidelberg, Germany, March 14 through 18. Donna Fontenot, the SDS Middle School science teacher, will accompany these students to the event.

About 250 students from DoDDS schools applied for the symposium and 115 of them were selected to participate. These selected students are divided into two groups, the seniors, which is high school and juniors, which are seventh and eighth grade.

The juniors present posters while the seniors present their results as posters and oral presentations to 20 certified judges. Selected senior posters are awarded \$100 scholarships. Out of the 115, 20 are selected for oral presentations. Zyskowski, Anderson and Covell have all

been selected to present orally.

Zyskowski will display her research on children's audio and visual learning differences. "Girls mature faster than boys, therefore giving them an advantage in education. Boys can only think logic or emotions at once, while girls can do both simultaneously," she explains.

Anderson will present an experiment based on how glucose affects student cognition and states, "I have discovered that the 'sugar high' exists; however, I don't believe kids should go out and eat candy prior to an activity, since after a sugar intake, they could become drowsy."

Covell is presenting a Fourier Analysis of complex wave lengths and a study of the spectral envelope. He explains, "Pleasant auditory reception is based not on frequency but rather on the full spectral envelope of the chord."

Oral presentations give the students the possibility to go to nationals and win scholarship money. Four students are selected to attend nationals. First and second place winners actually present at nationals, while third and fourth place winners are observers.



SDS students (From left) Adriana Zyskowski, Rita Anderson, and Dustin Covell will be attending the DoDDS Science and Humanities Symposium in Heidelberg, Germany, March 16 - 18.

Boys & Girls Clubs of Sigonella launches much needed homework assistance program

Courtesy Sigonella MWR

In response to the call for more effective homework assistance programs, the JCPenney Afterschool Fund is bringing Power Hour to approximately 3,300 local Boys & Girls Clubs across the country.

The Boys & Girls Club of Sigonella will implement the new Power Hour program. This highly effective homework assistance program is based on the premise that youth and teens need to view homework as an opportunity to learn to work independently, successfully completing a project on time, thus enabling them to feel positive about their accomplishment.

"We are grateful to the JCPenney Afterschool Fund for providing us with such a high-quality, homework assistance program like Power Hour," said Kimberly Mosca, Youth Activities Director of the Boys & Girls Clubs of Sigonella. "So many of the children we serve simply do not have access to the resources necessary for successful homework completion, which is critical to their everyday academic success."

Power Hour is an interactive, after-school homework assistance program for children aged 6 to 18 years. Unlike assignments done in class, Power Hour work is conducted in a non-threatening and fun after-school environment using "Homework Helpers," adults or older students who supervise completion of a Club member's homework.

In addition to homework help, our staff offers age-appropriate activities to stimulate Club members' interest in learning. By explaining the relevance of learning fractions in order to cook a meal, for example, or by showing how geography can enable us to enjoy reading the newspaper, staff help Club members learn to value the knowledge homework can bring. The long-term goal of Power Hour is to instill in youth a life-long love of learning.

Aside from Power Hour, the Sigonella Boys and Girls Club will offer a wide variety of ongoing programs, including the Sewing Club, Garden Club, Imagemaker's Photography, Smart Girls and many more. For a complete listing and description of all available programs, please call the Youth Activities Center at X3712.

Sign up for the Cub Scouts

Sign your first through fifth grade boys up for cub scouts and join the fun Saturday March 13. Register from 11 a.m. to 1 p.m. at the Scout Hut behind the exchange.

The Cub Scouts will be busy cutting Pine Wood Derby Cars for race in April. All new Scouts will receive a car to start working on that day. We will also have a BBQ for everyone to enjoy.

The ten purposes of Cub Scouting are:

Character Development, Spiritual Growth, Good Citizenship, Sportsmanship and Fitness, Family Understanding, Respectful Relationships, Personal Achievement, Friendly Service, Fun and Adventure, Preparation for Boy Scouts. Check out our website to contact a Den Leader or the Cubmaster at: <http://www.geocities.com/cubscouts53icily/>



CO ties local insurance rate increases tied to accident statistics

JO1 Craig Coleman
Staff Writer

Capt. T.L. Davison blamed rising auto insurance rates in the Sigonella area on the large number of traffic accidents involving Sailors here.

The NAS Sigonella commanding officer made the remarks on "Feedback," a live call-in television program broadcast by AFN Sigonella March 3.

Davison said that Americans in Sicily have more accidents than anywhere else in Italy, causing insurance premiums to increase collectively.

"The [command master chief, the executive officer] and I have been beating the drum to get people to slow down – drive safely," he said. "That's where it's hurting us – in the pocket-book."

Davison made the remarks when a caller asked if auto insurance premium increases were mandated by the base.

He replied that the base set no such policy and that the increases are driven entirely by local traffic accident claims.

Another caller asked about damage assessments charged to base housing residents during the check-out process, stating that they seemed excessively high. Davison said that if the damage to government quarters was the fault of the



Capt. T. L. Davison talks with JOC(SW/AW) Jeff Wells on AFN Sigonella's Feedback, a call in show where people can get answers to questions concerning them.

occupant that recouping the costs of repairs through a payment was fair. But if the damage was due to normal use occupants should not pay. Tenants should know what charges must be paid well before they check out of housing.

"During your [housing] pre-inspection the inspector should write out things he's found that were the fault of the tenant," Davison said.

He also noted that many housing units, especially in Maranai, and Mineo are under warranty, so that many problems will be repaired at no cost to the base.

"If people have things like plaster coming off or the fence is starting to warp, you need to call the Housing Office"

An increase in the cost of services at the Child Development Center (CDC) prompted another call. Davison explained the increase, saying it is due to decreased MWR funding in the region.

"It is an unfortunate cost of the times – we're not funded as much as we've been in years past," Davison said. "So we have to find ways to bear that extra cost – and that's how they're doing it."

In another base housing issue, Davison clarified the policy on guest visitation to quarters. A caller was mistakenly told by base security that there was a 10 p.m. curfew in government housing. Davison said that this only applied to NAS I and that there is no visitor curfew in any of the housing areas, although there are limits to the amount of time guests may stay in government quarters.

"There is a 72-hour guest policy," Davison said. "If you were going to have guests from the local area stay over, you need to go through Security to get passes for them. If you have guests from the U.S., you need to get flag passes for them." Guest from the U.S. may stay in government quarters up to 30 days, he continued.

What is "Feedback?"

By JO3 Craig Staley
AFN Sigonella

If you have a question about the services or commands at NAS Sigonella tune-in to AFN's Feedback. Feedback is a live call-in show that brings your community leaders and experts in to discuss topics that affect the NASSIG community and the Navy as a whole. It airs every first and third Wednesday of each month. The first show of the month features Capt. Tim Davison, Commanding Officer of NAS Sigonella. The third Wednesday of the month features other community leaders sharing information and answering questions live-on-air. Past notables include Capt. Denzel Gardner, commanding officer, U.S. Naval Hospital Sigonella, Sandra Peterson, housing director, and Lt. Giovanni Mosca, tax center officer-in-charge.

What makes Feedback a dynamic show is the number of ways it reaches the audience. It is broadcast on AFN Atlantic for those who have a television and decoder box. For those who don't have a television, tune in to 107.0 FM for a live radio simulcast. The third option, which will be unveiled next month will be through the World Wide Web on our website at afneurope.net/sigonella/. By click on the Feedback link, you'll be taken to a page where you can view highlights of the previous show and find a schedule of upcoming guests. There will also be a link to e-mail your questions to AFN for use on the next show.

Feedback airs the first and third Wednesday of the month on AFN Atlantic at 6:30 pm Central European Time. For more information on feedback, contact AFN at 624-4265.

Fun Fair from page 1

Schedule of events for Winter Into Spring Fun Fair Saturday

12:30 to 2 p.m.
Sicilian puppet show
Seven craft tables open for the kids

2 to 6 p.m.
Free hotdogs and sodas

2 to 10 p.m.
Bowl two games free, including shoes, at Tenpins

2:30 to 6 p.m.
Face painting
Juggling acts
Balloon artists
Gelatin-eating contest and other youth activities

5:30 p.m.
Free showing of "Miracle" at Base Theater.

bands and three disc jockeys.

"The bands at the rock party will play country, traditional Irish and alternative rock," Morano said.

"At this time of year the weather can be unpredict-

able so we decided to have two different events," Morano said. "We'll have one for the family this weekend and one for more for the party nightlife scene for St. Patrick's Day."

Here we come to save the day

By JO1 Steve Smith
AFN Sigonella



Within three minutes of receiving the call, the NAS I Fire Department arrived at the scene of a car fire Friday afternoon. The AFI-registered car became disabled near NAS I. It took fire fighters Rosario Migneco, Daniel Patana and Gaetano Castellano four minutes to extinguish the fire. The fire department responds to off base calls about three times a week, regardless of who's involved. Gene Tatum, Acting Captain at the scene, said "We're there to help anyone who needs it." The fire was caused by an electrical short and there were no injuries.

Baseball Sweeps Pace, 5-2 and 3-1

By WWW.navyports.com

A solid mix of hitting and pitching led the Navy baseball team to a sweep of Pace in Sunday's doubleheader as it won 5-2 in game one and 3-1 in game two. Senior **Craig Candeto** (Orange City, Fla.) went a combined 6-for-7 with three runs scored and three stolen bases, while **J.P. Temperilli** (Fr., Houston, Texas) blasted a three-run home run in the first game. The Mids' pitchers allowed one earned run in 14 innings.

"When your lead-off hitter goes 6-for-7 and scores three runs, **Chris Ashinhurst** (Sr., Stafford, Va.) makes things happen in the No. 2 slot the way he did, and you get the pitching like we did, it's a sign you have a chance to win," said Midshipmen head coach **Steve Whitmyer**. "The home run in the first game by Temperilli was huge because it gave us an early cushion."

"I thought Pace played well all three games. They are going to be a solid team and have a good pitching staff. We needed to pitch well like we did to have a chance to beat them."

In the first game, Navy got on the board quickly with four runs in the first and then handed it over to **Ryan Hefner** (So. Creve Coeur, Ill.). Hefner tossed his second complete-game of the season allowing one earned run and scattering four hits. The lefty struck out a career-high eight batters, while

walking just two and recorded 11 straight outs at one point. Hefner is now 2-2 on the year.

Candeto led off the four-run first with a single and stole second. After Ashinhurst reached when he was hit by a pitch, catcher **Rick Amos** (Fr., Hammonont, N.J.) moved each up a base with a sacrifice bunt.

D.J. Faldowski (So., Washington, Pa.) gave the Mids the lead with a single to right field driving in Candeto. Temperilli then promptly placed the first pitch offered by Pace starting pitcher Robert Van Riper (0-1) over the fence in left for his second home run in three games.

"I feel pretty comfortable at the plate right now," said Candeto. "I fixed a few things with my swing by working with coach (Dan) Nellum and the staff. I like where I am at now."

"We've been struggling and talked Friday about coming out and playing with more intensity which I think is something that we have been lacking. To get some early runs was big and sparked us. We need some good things to happen for us because we've been struggling."

After Ricky Provisin scored on a wild pitch in the second, Navy pushed its lead back to four, 5-1, in the fourth. After drawing a leadoff walk, **Matt Lukevics** (Jr., Tampa, Fla.) came around to score on a Setters' error.

Pace added an unearned run in the seventh.

In the second game, Pace got on the board in the top of

the first with an unearned run off **Andy Froistad** (Sr., St. Paul, Minn.), who made his season debut in the game after missing the first 13 games with an arm injury. Froistad went three innings in his first appearance. The righty scattered three hits, fanned one, and walked one.

After a single to start the game, Matt Bisbano gave Pace a 1-0 lead when he scored on a sacrifice fly by Mike Ferrauto. Bisbano had moved to on an error by **Dominic Lopez** (Fr., Quincy, Mich.).

The Setters looked increase its lead in third when J.C. Pullum led off the inning with a single. Pullum was out at second on a grounder to short by Doug Hehner. Hehner was out at first when Pullum was called for interference after not sliding into second.

The Mids seized momentum from the call and used it to score two times in the bottom of the third off David Qualben (0-1) for a 2-1 lead.

With one out, Lopez walked and moved to second on a ground out by **Jonathan-Matthew Johnston** (So., Hamilton Township, N.J.). Lopez scored from second on a double down the line in left by Candeto to knot the game at one.

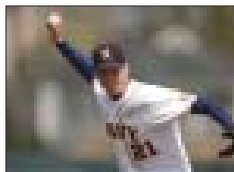
After stealing third, Candeto scored on

a base hit by Ashinhurst.

In the fifth, Candeto added an insurance run when he scored from first on a misplayed grounder hit by Ashinhurst. Candeto appeared to have third easily on the slow rolling grounder. Joe Passanitti tried to gun him down from first only to throw the ball away allowing the senior to trot in.

Relief pitchers **Jeff Lange** (Jr., Springfield, Va.), who has yet to allow a run in 12 innings, and **Burgess Nichols** (Fr., Boston, Mass.) slammed the door on any hopes of a comeback with four perfect innings. Lange pitched three innings striking out four batters. Nichols picked up his first-career save with a perfect-seventh inning.

The Mids will look to extend its two-game winning streak Tuesday when Maryland-Eastern Shore visits at 2:30. Duke comes to town for a two-game series on Wednesday and Thursday. Game time is 2 p.m. both days.



Andy Froistad made his first start of the season on Sunday.

Three Navy Wrestlers Earn NCAA Bids

By WWW.navyports.com

Philadelphia, Pa. - Three Navy wrestlers earned bids to the NCAA Tournament as the Mids competed at the 2004 EIWA Championships at the Palestra on the campus of the University of Pennsylvania. After a rough morning, where three Navy wrestlers fell in the semifinals and three more were eliminated in the consolation quarterfinals, the Midshipmen continued to fight and ended the day with Tanner Garrett (Tulsa, Okla./Cascia Hall) Michael Barikian (Stratford, N.J./Sterling Regional) and Nate Gulosh (Stow, Ohio/Walsh Jesuit) each earning a bid to the 2004 NCAA Championships.

"We showed a lot of improvement," noted head coach Bruce Burnett after the tournament. "We made some mistakes, but we competed hard every time we took the mat. We have three qualifiers to the NCAA Tournament that we need to get ready."

"There were a lot of ups and downs — Tanner Garrett lost 4-1 to the No. 2 guy in the country, Thayer Paxton, Nate Gulosh and Mike Barikian all wrestled well. We just want to win."

Garrett earned a 3-2 victory over East Stroudsburg's Stanley Foster in the semifinals to advance to the championship bout at heavyweight, automatically qualifying him for the NCAA tournament. Garrett dropped a 4-1 decision to defending EIWA heavyweight champion and top-seeded Matt Feast (Penn) in the title bout.

The Lane

Intramural Softball

Regular season begins May 3, so get your friends together for so great summertime competition. Coaches meeting March 29 at 4 p.m. at the NAS II gym. Preseason begins April 12. Men's A and B leagues and Women's league. Prizes awarded to top finishers.

Aerobics instructor training

Every Friday and Saturday in March you can get certified to teach spin, step, kickboxing, yoga and circuit training. Classes are limited to 15 participants so sign up today. Registration is ongoing. Call the NAS I or NAS II fitness Centers at 624-4483 or 624-5243 for more information.

3-on-3 basketball tournament

Start gathering your friends for your team so you can show off your best moves and beat the competition. The tournament will be March 29, at the NAS I Fitness Center from 10 a.m. to 4 p.m. Sign up by March 25 at the NAS I Fitness Center. Men's and women's divisions and the top three teams win T-shirts. Double elimination tournament.

MAFT, page 10



for a few reasons. "We use propane because it's environmentally friendly, it's very safe to work with and it's easily controlled," said Cupell. "It provides a fairly realistic simulation. It's not exactly the same as jet fuel, but jet fuel throws out a lot of hydrocarbons and smoke and you can't control it as easy as we can control propane."

"This is absolutely going to help us train better and help our abilities on any type of emergency when responding to aircraft," Cupell said. "Plus it's going to assist in our fire department personnel being able to achieve DoD firefighter certifications."

With firefighting training, there's nothing like the real thing. "One of the problems we have is we can do all the training we want with water and everything, but until the firefighters feel true heat and know what it's like to work in that environment," said ABH1 Stephen Mark, NASSIG Fire Department assistant training officer. "[It's then that] they'll understand when they go to a real fire that this is a normal thing."

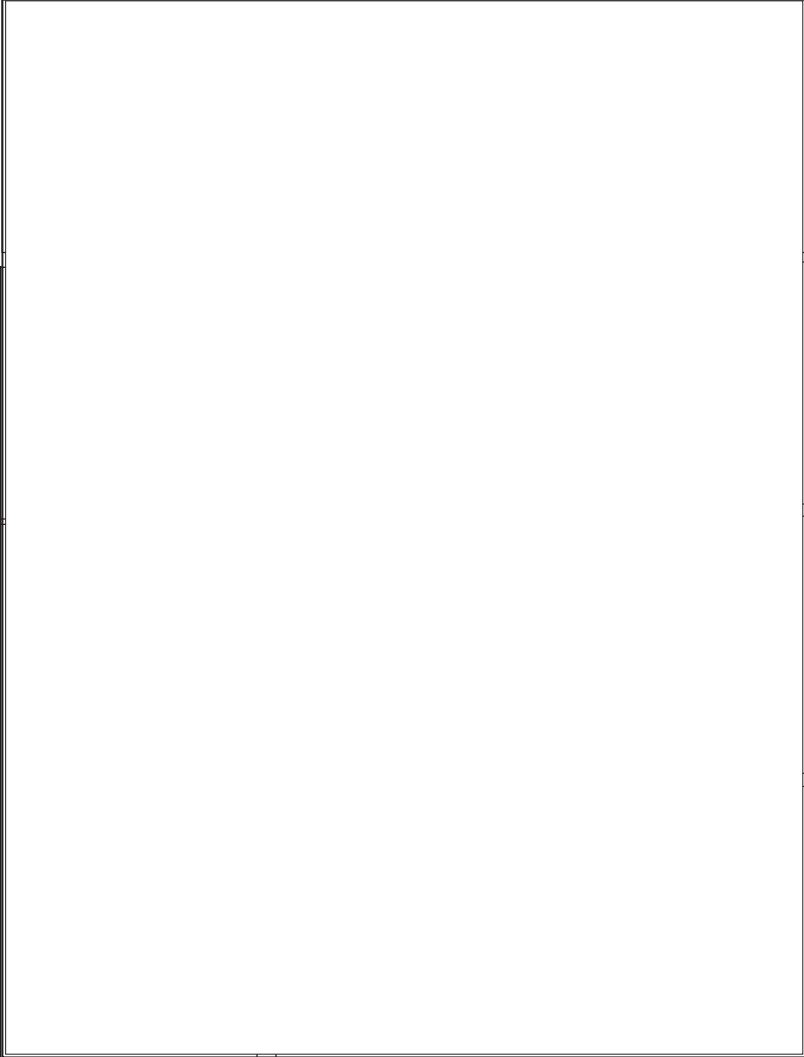
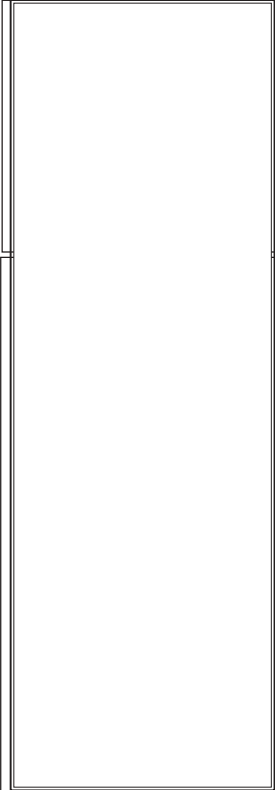
Down the road, the department will be able to train personnel from other bases in the area such as Rota, Spain, and Naples, Italy, as well as local Italian firefighters. "So whenever their Sailors need to have their qualifications, they can come see us instead of having to go back to the States," Cupell said. Sailors in the 5th and 6th Fleet could also use the system in the future. This will save money by not sending the Sailors back to that States for training.

The Navy currently has 16 MAFTs, which have been in use since 1997.



Above: ABH1 Stephen Mark, NAS Sigonella Fire Department assistant training officer, and Ron Hall, NAS Sigonella Fire Department battalion chief, spray water on a fire coming from a Mobile Aircraft Fire Trainer (MAFT) on the NAS Sigonella flightline.

Above left: ABH2 Brian Robinson, assigned to the Naval Air Station (NAS) Sigonella Fire Department, looks over the control panel for a Mobile Aircraft Fire Trainer (MAFT)





Above: A Mobile Aircraft Fire Trainer (MAFT) sits on the NAS Sigonella flightline. The department recently obtained the MAFT, which will be used to safely train firefighters on aspects of fighting aircraft fires. The MAFT can simulate such things engine fires, wheel fires, interior fires, and tire blowouts. Other bases in the Mediterranean such as Rota, Spain, and Souda Bay, Greece, will come to NAS Sigonella to train using the MAFT.

At right: An inside view of the Mobile Aircraft Fire Trainer.

Trivia Answers

- 1) Northern Tanzania
- 2) K. playing cards from lowest to highest.
- 3) Descending to Hades to rescue Megara.
- 4) Derry
- 5) Art Deco

The best kept secret in the Navy

JO3 Steve Weaver
Staff Writer

There are many jobs in the Navy, and many of them offer a challenging and rewarding experience for the Sailors working in them.

For those who wish for a little more challenge and excitement in their job field, a career in one of the special warfare programs such as Explosive Ordnance Disposal (EOD), Sea, Air and Land (SEAL), Special Warfare Combatant Craft (SWCC) or Navy Diver might be just the ticket.

Candidates for these programs can be found throughout the Navy, with Naval Air Station Sigonella (NASSIG) being no exception.

HT1 (EOD/DSW/SW) Chad Harris, a member of Explosive Ordnance Disposal Mobile Unit Eight (EODMU-8) and European Command (EUCOM) EOD recruiter, said he is trying to inform Sailors about programs like EOD. "I'm trying to get the word out that it's available and about what our job is," he said. "And to let people know their options. It's definitely a rewarding and challenging career option for motivated Sailors who want to get into it."

Harris is the contact on NASSIG for all those wishing to join one of these special programs, as there currently are no recruiters for SEAL and other programs on base.

One candidate currently stationed with EODMU-8 in a support role wishes to join the EOD community. "I've been in the Navy about 12 years and I was looking for something challenging," said STG1 Scott Harstad, a member of EODMU-8's Area Search Detachment (ASD). "I've gotten to see what the EOD community does.

They've got a pretty interesting job. Those guys always say it's the best-kept secret in the Navy and it's true from what I see." Harstad is slated for EOD training in June.

Harris works with these candidates to make sure they are ready for their upcoming training. "I give PT tests for all those programs," Harris said. "I try to schedule a PT test once a month." Harris administers what are called Physical Screening Tests (PST), which gauge the candidate's fitness level. "That's what they do for their initial entry to submit their package." The PSTs include a 500-meter swim, push-ups, sit-ups, pull-ups and a 1.5-mile run, all of which must be done within standards.

"Thirty days prior to leaving for BUD/S (Basic Underwater Demolition/Sea, Air and Land), you have to do another screen test to make sure you're still up to par," said BUD/S candidate GM3 Anthony Delrio.

"If they fail that they don't go," Harris said. "They have to wait 45 days to retest and then try to get orders again."

If a candidate is not doing well in a particular area, Harris will help out. "I have a guy now who came in who just learned how to swim three months ago," Harris said. "I work with him at the pool with his swim strokes and swim techniques to try to get him up to speed so he can pass his swim. Just from doing their PT test, I give suggestions on what they can do to buff up on their week points. The biggest thing, once they get close, is to stay out of the gym. Stay with the running and swimming and stuff like that."

Becoming a SEAL is tough. "You have to really



STG1 Scott Harstad performs the sidestroke as part of a Physical Screening Test (PST) as HT1 Chad Harris, EUCOM Explosive Ordnance Disposal (EOD) recruiter, looks on. The test is administered to applicants before entering training as EOD technicians

want it," Delrio said. "It's all in the heart. There are people that don't look like Olympians, but they still do it because they have the heart...because they want it so bad."

Harris said the EOD community is mainly looking for E-5 and below candidates to fill billets in junior rates. "Right now at dive school we have empty seats every month," Harris said. "Every class we class up are not full classes. We need to get more people in. We need to educate people on what we do and what our job is and see if they're interested." Harris added he would be happy to sit down with anyone interested to talk about the EOD program.

For those who want to inquire about these

programs, HT1 Harris can be contacted by email at codrecruiter@eddmu8.sicily.navy.mil or by DSN at 624-5062.



Above: Applicants for training in special programs such as Explosive Ordnance Disposal (EOD) Technician and Basic Underwater Demolitions/Sea, Air and Land (BUD/S) perform push-ups as part of a Physical Screening Test (PST) as Hull Maintenance Technician 1st Class Chad Harris, EUCOM Explosive Ordnance Disposal (EOD) recruiter, looks on

At right: HT3 Christopher Holuka, an applicant for Basic Underwater Demolitions/Sea, Air and Land (BUD/S) school, performs push-ups as part of a Physical Screening Test (PST)

New tax breaks for military personnel and their families

Courtesy of the Sigonella Tax Center

Military personnel and their families can benefit from several new tax breaks, according to the Internal Revenue Service. The Military Family Tax Relief Act of 2003 allows, among other things, certain benefits and gains to be excluded from income on the federal income

tax return. Reporting a lower income reduces the amount of taxes owed.

Home Sales

For homes sold after May 6, 1997, a taxpayer on qualified official extended duty in the U.S. Armed, Uniformed or Foreign Services may suspend for up to 10 years of such duty time the running of the 5-year ownership-and-use period before the sale of a residence.

The ownership-and-use test works like this: All taxpayers (including non-military) may exclude up to \$250,000 of gain from the sale of a principal residence (married taxpayers filing jointly may exclude up to \$500,000 of gain). However, the exclusion is subject to an ownership-and-use test. Gain may be excluded only if the taxpayer owned and used the property as his or her primary residence for two years or more during the five years leading up to the date of the sale of the property. With the passage of the 2003 Military Family Tax Relief Act, however, military and foreign service personnel called to active duty away from the home (at least 50 miles from the residence - or while the person is residing under orders in government housing - for a period in excess of 90 days or for an indefinite period) may elect to SUSPEND the five-year test period for 10 years (only with respect to one property!)

Although taxpayers normally have only three years to file an amended return, qualifying taxpayers who sold a residence before 2001 have until Nov. 10, to amend their returns for this purpose. Taxpayers amending a return to use this provision should put "Military Family Tax Relief Act" in red in the top margin of Form 1040X.

Death Benefits

For deaths occurring after September 10, 2001, the new law doubles the benefit paid to survivors of deceased Armed Forces members from \$6,000 to \$12,000 and makes that entire amount tax-free. Previously, only \$3,000 was tax-free and the remaining \$3,000 was taxable.

Recipients who have already paid tax on benefits received for deaths after Sept. 10, 2001, may file an amended return on IRS Form 1040X, "Amended U.S. Individual Income Tax Return." On the return, they should reduce their adjusted gross income by the \$3,000 they had previously reported as taxable on a federal income tax return and put the words "Military Family Tax Relief Act" in red at the top of the amended return to speed processing. Those who receive death benefits in 2003 and future years will not have to report them on their tax returns.

Deduction for Overnight Travel Expenses of National Guard and Reserve

Members

For tax years after 2002, reservists who stay overnight more than 100 miles away from home while in service (e.g., for a drill or meeting) may deduct unreimbursed travel expenses (transportation, meals and lodging) as an above-the-line deduction. The deduction is limited to the rates for such expenses authorized for federal employees, including per diem in lieu of subsistence.

For 2003, taxpayers will use Form 2106, "Employee Business Expenses," or 2106-EZ, "Unreimbursed Employee Business Expenses," to figure the deduction amount and carry it as a "write-in" to Form 1040, line 33, putting the letters "RC" and the amount on the line and including this subtraction in the total.

Extensions Expanded to Contingency Operations. Various extensions granted to combat zone taxpayers to file returns or pay taxes will also apply to those serving in Contingency Operations, as designated by the Secretary of Defense. This is effective for those whose deadline has not expired before Nov. 10, 2003.

Tax

A day in the life of the flightline



AD3 Nelson Ramos directs the Patrol Squadron Two Six (VP-26) commanding officer's aircraft as it gets towed to a parking spot on the flightline. The Tridents of VP-26 are currently deployed to NAS Sigonella from Brunswick, Maine

Births

February 12, 2004

Melanie Kelly and Anthony
Munoz

Jayden Alyssa Munoz

19 ½ inches, 6 pounds, 13
ounces

February 14, 2004

Tonya and Dewayne Benjamin
D'ante Lawrence Benjamin

20 ½ inches, 8 pounds, 4
ounces

February 17, 2004

Michelle and Zach Hartgraves
Heather Nicole Hartgraves

19 ½ inches, 7 pounds, 7
ounces



Top left: AT2(AW/NAC) Albert Snipes from Helicopter Combat Support Squadron Four (HC-4) hooks a tow bar to a MH-53E "Sea Dragon."

Top right: An HC-4 "Black Stallions" crew member assist the pilots of a MH-53E "Sea Dragon" on preflight checks.

Bottom left: AMAN Philip Ard and AMAR Kent Davis from Aviation Intermediate Maintenance Detachment air frame shop, are using the turret punch to punch holes in a piece of sheet metal.

Bottom right: AM2 Rankin and AD2 Larson raise the nose landing gear on a VP-26 P-3 "Orion" plane.

Red Cross month emphasizes preparedness

JO3 Steve Weaver
Staff Writer

The American Red Cross is an organization that has helped many people over the years. Whether it's support in disasters, help in family emergencies, armed forces support, international support or just educating people on programs such as CPR, the Red Cross is recognized as a dedicated organization.

To recognize the efforts of the employees and volunteers with the American Red Cross, March was declared as American Red Cross Month by President George W. Bush.

The American Red Cross, which was founded in 1881 by Clara Barton, has been commemorated every year since 1943 when President Theodore Roosevelt signed the first proclamation of March as Red Cross Month.

"This month's theme is family preparedness," said Cecil Goodman, Naval Air Station Sigonella's American Red Cross station manager. "If you think about it, people are just not prepared for emergencies."

"We have five steps for preparedness," Goodman said. "Some of those are to make a disaster plan, to build a disaster kit and to get training in life saving skills."

According to the American Red Cross website, the five steps include:

- Designing a family (Home) Disaster plan.
- Assembling disaster supply kits.
- Getting trained to save lives in programs such as first aid or CPR.
- Giving of yourself and volunteering to help the Red Cross mission.
- Giving blood to ensure a blood supply that meets all needs, all of the time.

Goodman said it's good to prepare for any emergencies that might occur. Little things such as "making their homes safe," he said. "Especially for little kids. Making sure the cabinets with the cleaning supplies and medicine cabi-

nets are locked up. What would they do if there were a fire in their home? Basically, being prepared for any type of emergency."

For those who want to do more for others, volunteering is an option. "As we celebrate American Red Cross Month, I encourage all Americans to commit themselves to helping others by volunteering in their communities," said Bush in this year's ARC Month proclamation.

"There's various areas where you can volunteer in the community," Goodman said. "You can help at the hospital or be an instructor to teach courses such as CPR, First Aid or Baby Sitters training. We have a re-energized youth program. Kids can volunteer in just about every area there is."

Goodman was a volunteer for 12 years with the ARC. "The Red Cross is a great organization to be involved with," Goodman continued. "I started volunteering while I was on active duty," he said. "While I was in, I saw how the Red Cross helped people. I started out volunteering just for promotion points, but then I just got hooked on it."

The Red Cross has members throughout the world. "We provide food and assistance to various countries throughout the world," Goodman said. "We also deploy with the soldiers to combat areas. When the war started in Iraq, we had members with the military and as the Army moved forward, the Red Cross was there with them."

Some events planned for Red Cross Month at Sigonella include a free youth CPR course on Mar. 15, from 11 to 4:30 p.m. in the Stephen Decatur School cafeteria and free CPR training for single parents on Mar. 22 through 23, from 11 to 1:30 p.m. at the Red Cross building.

The Red Cross will also be handing out literature throughout the month to help families get prepared for emergencies. For more information on the Red Cross here at Sigonella, call 624-5446 or 624-5921.



At Right: A World War I American Red Cross recruiting poster meant to get Americans to help the Red Cross in any way they could.

Hospital's Best Efforts Glean "Best of the Web" Award

Alexis James
Staff Writer

Plans were set in motion close to 18 months ago. A committee was put together, brainstorming began, and this January, it came to fruition.

U.S. Naval Hospital Sigonella recently won a "TRICARE Best of the Web" award for Most Innovative Website. The competition recognizes the best of TRICARE on the Web throughout all branches of the military, and the sites are judged on a combination of basic elements and unique features.

But things on the site weren't always as accessible as they are now.

"Our hospital internet site was not very friendly, was not informative, was way out of date," notes Lt. Mike Morton, team leader for the Web Design team and Department Head at the Flight Line Clinic.

Morton and others in the hospital were convinced they could do a better job with the site.

Says Cmdr. John Shapira, Web Team Champion for the Board of Directors and Director of Surgical Services for the Hospital, "A year and a half ago, the board of directors here came up with the thought that they wanted to get a website that was customer driven, user friendly, visually appealing."

This request was taken to the newly-formed team. "The hospital's Web Team was tasked with developing a ... site capable of helping active duty and their families seek answers to their healthcare questions," says Lt. Angela Campbell, Hospital Public Affairs Officer.

In order to do this, the committee spent months gathering information. They researched what was needed to develop a user-friendly web site, interviewed Sigonellans on what they would find most useful for the hospital web site, and even investigated websites of other hospitals to get some good ideas.

"We put polls up at housing ... in the indoc classes. We handed out fliers at the exchange and the commis-

sary," says Morton.

Most things on the site came from suggestions made by people involved in these polls. Several categories, however, are Navy-mandated.

People searching the site, www.sig.med.navy.mil, will find information about the hospital and the different services it offers. Those interested can learn more about educational services, volunteer opportunities, the different clinics and even connect to Sigonella's main sight if they have other questions.

And the main sections of the site are translated into Italian, to make it friendlier for Italian-speaking patients.

USNH Sigonella Commanding Officer Capt. Denzel Garner recognizes the importance of the work each person put in to the site. "I'm proud of ... how this effort (of the Web-Team) better serves our community, patients and military families; leveraging technology and improving access to information."

As of September, the site was on line and according to Shapira, people began taking advantage of it right away.

"I've had people say, 'This is what my idea of a hospital website should be,'" says Shapira.

But for the Web Team, the work doesn't end with this victory. They're dedicated to making the site even better—adding more features on the Hospital's intranet such as paperless request chits. But some things will have to wait.

The actual TRICARE website doesn't work in this area at this time, so web committee-members are working to offer services on the Hospital's site that TRICARE on line usually would make available.

Morton says there are plans to offer appointments on line, or fill prescriptions on line, but that's only if there's no chance TRICARE's website will be able to function in this area.

For now, the team members are keeping the sight current for patrons, and also enjoying the fact that their hard work paid off.

Check out the hospital Web site at <http://www.sig.med.navy.mil>.

Tax from page 13

Department of Defense Homeowners Assistance Program Payments made after Nov. 11, 2003, under this program to offset the adverse effects on housing values of military base realignments or closures will be excludable from income as a fringe benefit.

Dependent Care Assistance Program
For tax years after 2002, dependent care assistance programs for military personnel are excludable from income.

Military Academy Attendees
For tax years after 2002, the ten percent tax on payments from a Qualified Tuition Program or Coverdell Education Savings Account that are not used for educational expenses does not apply to attendees of the U.S. Military, Naval, Air Force, Coast Guard or Merchant Marine Academies, to the extent the payments do not exceed the costs of advanced education.

Does your W-2 Form fail to reflect your tax-free combat zone pay?

If you served in a combat zone during 2003, and your tax-free combat zone pay is not accurately re-

flected on your W-2 form, you should contact DFAS (1-800-346-3374) for a corrected W-2 prior to filing your taxes. Please note that the Tax Center's personnel are unable to correct your W-2 information.

Need a Copy of Last Year's Tax Return or Other Tax Law Information? If a taxpayer no longer has copies of his or her previous tax returns, the taxpayer may use Form 4506, "Request for Copy of Tax Return," to order an earlier year's tax return, or Form 4506-T, "Request for a Transcript of Tax Return." The IRS charges \$39 for each return requested, but charges nothing for a transcript. IRS forms are available on the IRS Web site at www.irs.gov, or by calling toll-free 1-800-TAX-FORM (1-800-829-3676).

More information on the Military Family Relief Act of 2003 and other tax issues affecting the military can be found on the IRS Web site on the "1040 Central" page and in IRS Publication 3, "Armed Forces Tax Guide," also available on this Web site or through 1-800-829-3676. Other useful phone numbers are: DSN 624-5884 (Tax Center) and DSN 624-5258 (the NLSO).



Resident Satisfaction Survey results lead to better housing in Navy Region Europe

CNRE Public Affairs Office

From Keflavik, Iceland, to Sigonella, Sicily, residents of housing facilities in the Commander, Navy Region Europe (CNRE) area were, overall, more satisfied with their military housing in 2003 than they were in 2002.

The military housing "Resident Satisfaction Survey" results were recently returned to Commander, Navy Installations by the nationally recognized real estate consulting firm of CEL & Associates, Inc. The survey, distributed late last year to residents of all CNRE military housing facilities, as well as other facilities Navy-wide, asked residents to answer questions and express their feelings and thoughts regarding military accommodations. Residents were encouraged to mention particular issues and be available to clarify specific concerns on the comment card that accompanied the survey.

"Many of the survey index scores for CNRE activities improved from 2002 to 2003," according to Rich Johnston, CNRE Housing Program Manager. The survey covered an extensive range of areas including preservation, security, worth, property rating, move-in procedures, readiness to solve problems, morale in the housing areas, and whether residents would recommend it to others.

"The survey is used as a management tool for improving the services and various aspects of our Navy housing and associated community," Johnston said. Comment cards from the surveys are read by managers and used as another good source of feedback from residents. Whenever it's possible to make improvements to the housing, community facilities or services, housing managers will use all available resources.

CNRE housing falls in line with the Navy averages from other regions in the United States. Residents in Iceland, Great Britain, and Rota, Spain, rated their housing between average and outstanding. While residents in some housing areas in Naples, Sigonella, Gaeta, and La Maddalena, all in Italy, also rated their homes as average or higher, there were negative responses for other neighborhoods at these locations. "Some of the low scores make sense because they are communities we are trying to replace or restore," said Johnston. The Navy is already aware of many areas needing improvement and has been taking proactive steps to remedy them.

"The Navy has been focused on replacing older leased parcos with new lease construct housing," said Johnston. "By providing some American specifications to Italian developers, lease construct housing has proven to be successful and provides more amenities for our residents. These projects are coordinated by the Engineering Field Activity, Mediterranean and required both Navy and Congressional approval." Lease construct housing is built by a private developer and subsequently leased by the Navy.

Sigonella, for example, is scheduled to receive 220 replacement units for Gli Ulivi, a housing area that residents rated very low, within the next two years.

"Gli Ulivi (205 Housing) has many positives to offer, such as being conveniently located across from the personnel support functions of the base like the NEX/Commissary, DoDDs School and the Naval Hospital," said Sandra Peterson, Sigonella Housing Director. "But [it] has a downside of being our oldest Government Leased Quarters. With the recap of this complex scheduled to take place starting around the end of 2006, 205 Housing will end up being our most desirable complex as opposed to the lowest rated in the 2003 survey"

In comparison, Sigonella's new Marinali lease construct housing area that has incorporated American specifications was rated good.

In Gaeta, one parco rated particularly low, and Naval Support Activity Gaeta immediately took steps to call each resident individually to address their concerns, especially in light of the fact that an equivalent Gaeta parco rated very good.

Residents of Parco Crispino, Naples' lowest ranking housing in 2003, are scheduled to move to a new facility by March 2005. Naples is also receiving 119 additional lease construct units at the support site and 69 new leased homes in Teverola at Parco Eva.

"The survey numbers are also intended to be used by the Navy to help provide one of the metrics for determining funding requirements," said Johnston. "We encourage 100 percent participation in the annual survey and will try to dramatically improve our response rate for the 2004 survey that will go out later this year. Although we have a statistically valid survey with response rates above 20 percent, we would certainly like to see much higher rates of response to provide the best possible representation for our housing communities."

Information about Navy Housing can be found at <http://www.housing.navy.mil/>

Il Mercato

The Signature

Anyone interested in sending ads via email should leave a phone number and point of contact name at sigsignature@yahoo.com.

Ads run for two weeks and are run on a space available basis and must be sponsored by active duty military members, family members or Italian National/American base employees.

Ads must be 40 words or less. The Signature no longer accepts ads that bring profit to a business or individual, such as maid, babysitting services or home rentals. If someone would like these types of services in The Signature they can call Jerry Boritzki @ 095-307-412 to pay for an advertisement.

Paid Ads

Wanting to take a vacation but you have no place to leave your pet? Book your Pet-Sitter Today. Call 347-7911051.

Automotive

1992 Lancia Dedra in mint condition price \$2200.00 call me on my cell 338-2185499 or dial 6041 ask for Joseph

1996 Daewoo Nexia 16V metallic blue, A/C, ABS, car alarm, power locks and windows, radio, like new. Asking \$3,450 For more info call Dante at 6246041 or 347-7252937

91 Fiat Tempra Asking 1000.00, new tires for 500.00 Brand new clutch only 6 months old. Replaced the head on the engine, new battery, 12 disc CD changer. Great running car has some body damages but very reliable!!!! Ask for Matt cell # 3405930599

1994 Honda NSR Perfect beginners bike, excellent conditions, color red, garage kept. Asking \$1,900. Call at 333-7435988

1994 Seat Ibiza sport 1.4 black color, new tires, good engine, excellent condition, very reliable car, remote locking, asking \$2500, call also at 349-5039145 or x6730

2001 Suzuki GSXR 750 Excellent condition, many extras, and quiet, few spare parts included. Blue Book is \$6700 completely stock, asking \$6500.00 OBO Call John at 624-1340 or 335-831-4485

1994 FIAT 500 (new model), good condition and very secondary reliable vehicle. For sale \$1500 OBO. Ask for Sergio DSN: 624-4700 (0730-1600) cell: 3291628645

1997 Honda Civic EX, manual transmission, custom paint job black/blue, new battery, two new tires, sunroof, A/C, power windows/locks, alarm system, CD player, spoiler, lots of extras! \$6,700. Day x4576/x5446 Night x3569.

1988 FIAT PANDA, red in color, AFI plated, standard transmission, brand new battery, great working condition, perfect for Sicilian driving, great on gas mileage. \$1700 OBO. Day x4576/x5446 Night x3569.

1989 Red BMW 318is AFI 2dr, AC, PW, PL, Sunroof, keyless entry, security system 74,000 miles Maintenance Records Great Condition, Very Reliable \$3500 neg. Call 624-9240/1491

1987 Volkswagen Cabriolet, white, convertible, 2 door, automatic, great condition, heat, A/C, new battery, sheep skin seat covers. Asking \$2,500. Available mid-March. Call Melissa at x1509 or email me at slimguero@yahoo.com.

1993 Toyota Pick-up for sale. Transferring back to the states and must sell. 2.2R 4 cyl, 5 speed and ice cold A/C. Recently had a tune-up and tires. Comes with a toolbox. Runs great. Asking \$2300. Call Dan 624-3627 or 3405937725.

1995 Rover 220 Turbo. Dark metallic blue, black interior, 2-door, 5-speed, T-tops, 100k miles, sporty and unique. Asking \$4000, but negotiable. Call Kris 334-3680923.

ALFA GTV V6 TB Great condition. A lot of extras. Asking \$7,500 O.B.O. Cal Brian 3409809951

1984 BMW 318i. Blue-Silver. 4dr with 182,000km. 5-speed Runs great. Interior needs a little work. Tires almost new, front struts are 1yr old. A/C needs recharged. \$1500 O.B.O contact Bryan @ 624-0112 on base or 095860112 off base after 1630.

2002 Ducati ST4s motorcycle. Red, 996cc, European specs, 8000 kilometers. Asking \$5,800. Includes side bags and helmet. Call 095-307851 or 335-640-3541.

Fiat 500 Station Wagon. Excellent condition. 349-3992681

2001 Honda VFR800fi Interceptor (Euro spec.) Metallic Blue, AFI plated, 14,600 original-owner miles. Never wrecked, garage kept, responsibly used, well maintained. Givi E41 side bags, lots of other extras. \$6,000 firm. Call Scott or Lana X5113, 095-52-9401, 335-130-6831.

Mercedes 300 SE, Beige metallized, AC unit, 2 alarms, Hi-Fi + CD player, full optional, perfect condition (body and engine). Asking Euro 5,500 or best offer. Call 340 8218708.

Pegout 405 1800cc. Motor and body in good condition. 1000 Euro. 339-4011979.

1993 Alfa 164 164 Tbw6. Full options. Asking \$3,000. Call Vito at 348-9711711.

1996 Honda Civic 1300 16v Black, full options. A/C, Hi Fi car with CD. \$5500 339-2023740.

1995 Opel Omega 2000 4 door, childlocks, 5-speed, immaculate condition with air condition, Black. Call 3355372171 or 0957116803

1993 BMW 318i, Green, 5 sp, AC, AM/FM cass,

90,000 km with five extra deluxe tires. Excellent condition, AFI plated. Asking \$ 6,800 US. Call X 6483 workday or 624-1245 after 1600. Ask for Mike

HONDA CIVIC 141S 90HP Manual Transmission, AC, AM/FM Stereo. \$ 6000 OBO Call Sergio DSN: 624-4700 (0730 - 1600) / Cell 329-1628645 (after 1600)

1989 Audi 80-Manual transmission, color blue, new alternator, new fuel pump, runs great, asking for \$2000 O.B.O. Call Fernandez at 624 8093 or 5287.

2003 Harley Davidson Sportster 100th Anniversary Edition. Black and silver, only 1400 mi, lowering kit, new shocks, new HD seat, new handle bars, and cables. Transferable warranty through HD. All work done by cert. HD dealer. Extras available. \$7,500 obo. Contact Cindy 339-385-5994 or 095-791-0229.

2001 SUZUKI Marauder: This 2001 Suzuki Marauder in a beautiful burgundy color has a passenger seat, passenger highway pegs, Cobra exhaust, saddle bags, luggage rack and cover! Bike has low miles and is in excellent condition, \$4,000 or best offer. Call 624-3579 and ask for Steve or Becky or cell phone at 333-2736562.

1994 Isuzu Rodeo Excellent condition, new tires U.S. Specs/Great maintenance record Blue Book \$5400 150K+ Miles Asking \$5200 Call Manny at 3351297129 or 624-1373

1991 Volvo station wagon. Navy blue, European specs, manual transmission, new tires, A/C, stereo/cd player with detachable face, excellent condition \$3000 O.B.O. 624-1274

1991 Ford Escort Station Wagon (red) , excellent engine, A/C AM/FM-Cassette Radio, PWSW, power windows. Not AFI plated. \$1,300 O.B.O Call Rosanna, ext 4185.



Send Il Mercato advertisements to sigosignature@yahoo.com

1998 Toyota Tacoma, Xtra Cab, 4X4, SR5, AC, CD, 5 speed trans., 4 cyl., int. wipers, tilt, sliding rear window, 55 K miles, \$11,000. Call Greg, work phone 624-2725, after work hours 335-801-0257.

1993 FIAT CROMA 2.0L, Full optional, ABS, climatronic, PS, PW, great family car, really good condition, euro 2,000 negotiable. CALL Rob at 3386170392.

1994 Alfa 155, AFI plated, 4-dr. manual w/new clutch. New A/C. PW. \$3,200. Call x2995, 339-8881722, or 095-7916115.

1990 Maserati. Low Miles (53K Km). All options, leather and climate control. Interior in perfect condition with plastic covering from factory. Silver with Black leather. 4,500 o.b.o. Call Chris at X5087 days, or 338/4978506 evenings and weekends.

1997 BMW 318 Blue, very reliable engine. A/C, PWR everything, CD, euro 6,000. Call 339-5355922.

1989 Trans Am with T-tops. \$1000.00 Automatic. Call 3407837905. After work 624-3645, ask for Richard.

Pets

Free to a good home. 5 yr old Shepard/husky mix. Neutered and all shots up to date. Need to find a home for him before July. Call 624-3574 or come by 314D in 205 housing to see.

Free to good home. 2 adult female (spayed) cats' shots up to date and always kept indoors. Need to find good family. Wife is pregnant. Call x3558 or 3407710522.

Male Husky needs a good home. House broken, leash trained. Medium size. Free to whoever would like him. Call Jennifer at 095520181 or 3395219943.

Free to good home. A female cat with great personality and good with kids, needs a new home. I can't keep her due to PCSing in April. If interested call X3640 and leave message.

For Sale

Brand new Hitachi HD projection TV 54" Multisystem. Unit is 110/220 Volt 50/60 Hz. Purchased for

\$2,500.00 will sell for \$1,500. 00. PCSing. Contact Edward @ 3206027252 or www.ewhite.cjb.net for pictures

Two Panasonic DVD players. Both less than a year old. Bought for \$179 each, will sell for \$50 each. Microwave \$50. Vaccum cleaner \$25. Work: Rommel X5177 or 5714 Denise, HM 095306442.

Four new tires for a Fiat 500, never used, and four tires and rims in good shape with chrome hubcaps. Call Bill @ 624-3564

Selling a queen size bed - springboard and (white) frame for \$150.00 call 624-2560 or 347-7802963

Kelty kids trek backpack carrier with many extras \$100; Graco neat seat high chair \$50; Portable soft seat chair that attaches to table \$5; Light-weight stroller \$5; Wipe warmer \$3; 2 panel drapes, 3 matching valences that fit Mineo Living room/dining room doors. Sage, cream and beige \$50; 4 matching throw pillows and one neck roll, match curtains \$10; for pictures please e-mail kmlee29@yahoo.com. 624-0677.

Sony DCR-TRV22 Digital Video Camera Recorder bought 4 months ago from NEX for \$650, will sell for \$550 O.B.O. Call Gabe or Heather at 624-0337 if interested.

Storkcraft Sleigh Toddler Bed Brand new never used, owned 3 wks. Asking \$100 contact Melissa @ 624-3611

Desktop Computer. \$500, Black and Grey, 2 Ghz AMD CPU 2400+, 40GB HD, 256MB RAM, 64MB AGP Video Card, 16in Viewable Monitor, CD/RW 48x12x48, Floppy Drive, Onboard Audio, Mouse, Keyboard. E-mail David at Phillipsd@Cox.Net

Queen sleeper sofa with new blue surefit slip-cover \$250 O.B.O. blue rocker recliner \$40, both great condition, Graco 3 speed baby swing \$15, baby changing table light wood with pad \$10, 2 wicker bookshelves one is hutch/shelf \$15 ea., 2 bombola heaters \$50 ea. exc. condition, ceiling fan \$30. 624-1274

\$75; Play Station 1 \$20; (2) American VCR's asking \$25 a piece; wedding rings (His and Hers) womens size 7 1/2 real diamond with yellow and

white gold 18k Asking \$850 and mens size 10 titanium wedding ring with platinum and yellow gold inlays asking \$500. Parachute in perfect condition, Best Offer. Harley Jacket Mens XL and (2) black helmets - DOT \$200 for all three. Floral Loveseat (forest green/burgundy and cream mix) \$250. Futon Couch (Burgundy, Forest Green and Tan Mix) 12in Futon Mattress with matching pillows and futon cover \$300, great condition. Childrens Disney Movies \$5 each. Please contact anytime between 0530-2000 - 095994560

Black floral sofa and loveseat with 2 walnut end tables and black lacquer dining room table with mirror table top and 4 chairs all for \$500. Matching accessories include: 6 matching window scarves \$80, 3 piece Chinese Shell wall art \$100. Sturdy entertainment center \$50. Selection of wall art, some Home Interior pieces, from \$7 to \$35. 2 twin size bed frames \$60 for the pair and 2 twin size bunk bed mattresses still in the box \$80 for the pair. Call Brenda at X0669 after 6pm Mon-Sat.

Two bombola heaters with tanks, assorted light fixtures and Other items. Contact Mike at 624-5790.

Pair of heavy drapes - ivory color 8' long \$15; 1 long panel of slate blue heavy drapes 6' long, 8' wide \$15; 8 panels of kitchen curtains w/2 valances and tiebacks-whole set \$15; New stars/stripes patriotic blankets still in packages - \$4 each; 220v electric drill - \$25; scooter/Vespa helmet - \$40; Computer desk. Sauder - original price \$199, selling for \$90; white 5 shelf bookshelf - 5 1/2' tall, \$25; brown 5 shelf bookshelf 7 1/2' tall, \$65; 2 brown 5-shelf bookshelves - 6' tall, \$35 each. Brown 6-shelf bookcase - 6' tall \$40. Call 095-472-199 or 3357625467

Selling a queen size spare bedroom set. Mattress is about 3 years old. PCSing. \$350 Call Sunny at 340-152-8589

AFN Decoder \$450. 2 Free-standing wooden towel racks - \$10 each. Bombola heater - \$25. Transformer - \$5. Smokey Joe Weber Grill - \$10. Call x2995, 339-8881722, or 095-7916115.

48" JVC TV with surround sound, bought in Jan, still brand new. \$1,300.00 Call 3407837905 after work. 624-3645, ask for Richard.

Lost

Mens' 18K gold Gucci style bracelet. One link near hook has an "S" imprinted in it and appears like white gold. Chain may have broke and dropped off in the vicinity of

NH Sigonella, exchange and commissary complex, post office, base library; and also on NAS II at Mess Facility, 7-Day Store, Fleet Mail Center, PSD, MWR Main Office during the week of 16-20 Feb 2004. Reward. Call Phil at 347 928.1522 or email at ciamoew1999@yahoo.com

Found

Found piece of jewelry on NAS I, e-mail with date lost and description to rob_sigo@yahoo.com

Yard Sale

March 13th, 8:30am-7 at 1068C Constitution Mineo. Lots of items, including Bow-Flex PowerPro \$1500, 220V Deep Freeze \$220 OBO (call X0254 for more information), Transformers, baby items, and household items (call X0311 for more information).

Jobs

The U.S. Naval Hospital, Sigonella, is soliciting for one full-time personalized service contract for a medical surgical unit registered nurse. Closing date March 12. Sources must be eligible for U.S. employment and U.S. board certified. Solicitation packages are available at the supply department, purchasing office, NAS II. Call MR. Barbagallo at 624-5725 and MS. Randazzo 624-3792.

HRO

Recreation Aid, GS-0189-03, MWR Department, Recreation Services Division, Youth Activities Branch, various location, Sigonella. Announcement number SIG03-RECAID. Open Continuous.

Education AID/Technician, GS-1702-0304, MWR Department, Child Development Center. Announcement number SIG03-EDTECH. Open Continuous.

Office Automation Clerk/Assistant, GS-0326-0405, Public Works Department, Administrative Division. Announcement number SIG04-023388. Closing 17 March 17.

Supervisory Environmental Engineer, GS-0819-12, Public Works Department, Environmental Division. Announcement number SIG04-026126. Closing 12 March 12.

Religious Education Director (Catholic), GS-1702-05/07, Chaplain Department, Sigonella. Announcement number SIG04-026294. Open Until Filled.

